

STAYIN' ALIVE

Talking about safety isn't enough.



HEALTH & WELLNESS NEWSLETTER MAY 2022

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HIGHLIGHTS for the May 2022 Newsletter

Avocado Advantage: The 2X Tip to Prevent Heart Disease

Do you like guacamole? How about taco salad? What about ice cream? Now level up the flavor and health benefits for these with an avocado. New research shows avocados are good for your health and your heart. Here's what you need to know...

How to Get Fit Without Going to the Gym

Don't like going to the gym? Or maybe you're just too busy to get there. There's good news. You can still get fit, strengthen your muscles, and improve your health...at home. Here's how...

Use This Grocery Shopping Tip to Manage Your Weight

Looking for a simple way to improve your diet and manage your weight? Do this ONE simple thing every time you go grocery shopping. It's a game-changer that can help you make better food choices...

Y-Axis: Are You 'Waisting' Away?

Check your pant size or measure your waist circumference. Know the number? Good. Now read this to find out what your waist size means...

Recipe: Fresh Kale, Avocado and Pomegranate Salad

Leafy greens, healthy fats, and a zing of flavor. That's what you'll get in this easy-to-make salad recipe.

Take the May Health Challenge!

Make Breakfast Healthy: Start the day with healthy food.

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question: What are the best ways to protect my skin from the sun?

NEWSLETTER

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THE Y AXIS



Are You 'Waisting' Away?

When you go shopping for a new pair of pants you need to know your waist size.



But wrap a tape measure around your middle, and it can tell you more than that.

Like what? The truth about your health...

Here's what a healthy waist size looks like:⁵

Women < 35-inch waist size
Men < 40-inch waist size

If your waist size is bigger than this, you might be 'waisting' away. It's a risk factor for diabetes, heart disease, high blood pressure, and obesity.

Got a few pounds to lose? Improve your diet. Drink more water. Be more active. Live longer.

COMMENTS?

Send comments to the editor:

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The Avocado Advantage: The 2X Tip to Prevent Heart Disease

Healthy fats in avocados good for your heart

Want some guacamole? You need to ask California resident Vin Bennett for her recipe. Why? Her guac made with avocados includes a flavor twist of bacon that turned 80,000 AvoFest visitors into raving fans.

Fun avocado facts...

- The avocado is California's state fruit? Yes, it's a fruit.
- Americans eat an estimated 6.25 billion avocados a year (that's a lot of guac).
- There's archeological evidence the avocado has been around for more than 7,000 years, beginning in Peru.
- Some people even eat mashed avocados with ice cream. Yum!

Eat avocados for heart health

Did you know avocados can help prevent heart disease? Researchers tracked 110,000 people

for 30 years and compared heart disease with avocado consumption.¹ Here's what they found:

- **The 2X Tip.** Eating just TWO servings of avocados a week (a serving is about 1/3 of an avocado) may cut the risk for heart disease by up to 21 percent.
- **The Avocado Advantage.** Replacing half a serving daily of margarine, butter, egg, yogurt, cheese, and processed meat with avocado lowered heart disease risk by up to 22 percent.

4 easy ways to eat more avocados

Want to add more avocados to keep your heart healthy?

- Spread avocado on whole-grain toast.
- Try veggie dip made with avocado.
- Add avocado to a salad or sandwich, or...
- Make your own guacamole.

MORE

Try the winning AvoFest guacamole recipe <https://avofest.com/>

How to Get Fit Without Going to the Gym

Stay in shape with bodyweight exercises

What's the number one excuse people make for not getting enough exercise? "I'm too busy." Ever used that one before?

About 80 percent of all adults don't get enough exercise, says the Centers for Disease Control and Prevention. Here's what you should be doing:

- **Cardio.** About 30 minutes of aerobic exercise a day to strengthen your heart and lungs
- **Strength training** activities at least TWICE a week to build stronger bones and muscles.

Your schedule might be too hectic to fight traffic, drive across town, and fit in a workout at the gym. But a gym membership isn't required to be active.

Here are two simple ways to be more active right now...

Get outside. You can step outside right now and go for a walk, jog, or bike ride.

Do bodyweight exercises. You can replace the gym with exercises using your own body weight like:

- Curl-ups
- Push-ups
- Jumping Jacks
- Squats
- Lunges
- Planks

4 health benefits of body weight exercise

The American College of Sports Medicine ranked bodyweight exercises as one of the top 10 fitness trends in 2022.²





Fresh Kale, Avocado, and Pomegranate Salad

Leafy greens, healthy fats, and a zing of flavor. That's what you'll get in this easy-to-make salad recipe:⁴

Ingredients

- 10.5 oz kale leaves (stems removed)
- 1/4 C lemon juice
- 3 T olive oil
- 1/2 tsp salt
- 1/2 C pomegranate seeds
- 1 avocado, cubed

Directions

1. Wash kale leaves. Pat dry or use salad spinner.
2. Finely shred kale leaves. Put in a large bowl.
3. Add lemon juice, olive oil, and salt. Mix well. Then let stand for 30 minutes.
4. Fold in pomegranate seeds and avocado.

Makes 8 servings. 124 calories per serving.

Use This Grocery-Shopping Tip to Manage Your Weight

Reading food labels can support weight management

Ever walked into the grocery store hungry? How about hitting the drive-thru after a hectic day? It's a hallmark of the See Food diet. You know...you see food, you eat it.

Want to change that? There's a simple thing you can do every time you go grocery shopping to help manage your weight: Read food labels.³

One recent study found that people who read food labels have better success with weight control than people who don't. It's not magic. It's just a simple way to help you be more aware of your food choices.

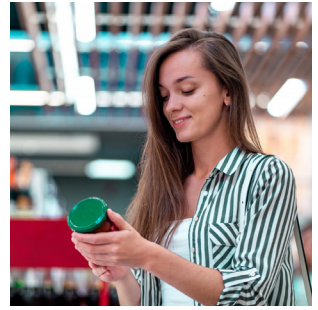
What to look for on the label

Every packaged food item you buy has a nutrition facts label. At a glance, you can get information like:

- **Serving size.** It's probably smaller than you think.
- **Calories.** How many calories are in a single serving? The average adult only needs about 2,000 calories a day. Keep that in mind.
- **Sodium.** Most adults consume too much. Aim for less than 2,300 mg of sodium per

day. No more than 1,500 if you have high blood pressure.

- **Carbohydrates:** Aim for about 225 to 325 grams of carbs a day. This is important if you have diabetes, or you're trying to lose weight.
- **Ingredients.** Want to know what's in your food? Read the list of ingredients. Note: Generally, the more ingredients and chemicals on a label, the less healthy the food is.
- **Going out to eat?** If a restaurant has 20 or more locations, it's required to publish nutritional information about the foods on its menu.



Want to lose weight, or maintain a healthy weight? Read food labels. You'll be more aware of what you're eating and make better food choices.

MORE

Video: Understanding food labels
<https://tinyurl.com/3bub9p7t>

How to Get Fit Without Going to the Gym (continued from page 1)

Research shows that bodyweight exercises can help you:

- Build strong muscles
- Move quickly and bend easily
- Strengthen heart and lung function
- Lose weight

Can't get to the gym? Use body weight exercises to stay in shape. Set aside 15 to 20 minutes. Start with a simple workout, and gradually increase repetitions and exercise time as you get stronger.

MORE

50 bodyweight exercises you can do anywhere
<https://tinyurl.com/v8o4ow3w>

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Take the May Health Challenge!

Make Breakfast Healthy: Start the day with healthy food

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:

What are the best ways to protect my skin from the sun?

WELLNESS CHALLENGE

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Make Breakfast Healthy

CHALLENGE

Start the day with healthy food

Requirements to complete this HEALTH CHALLENGE™

1. Read "Make Breakfast Healthy."
2. Create a plan to eat healthy foods for breakfast.
3. Keep a record of your completed health challenge in case your organization requires documentation.



When TV weather reporter Phil Connors gets stuck in a frustrating 24-hour time loop in the cult-classic movie *Groundhog Day*, he decides to eat everything for breakfast.

One morning, he walks into the Tip Top Cafe and orders everything on the menu.

A plate of pancakes. Bacon and eggs. Donuts. He stuffs an entire piece of cake in his mouth. He drinks pitchers of coffee. He even smokes a cigarette in between bites of breakfast.

Co-worker and news producer Rita Hanson (played by Andie MacDowell) calls him out on it: "Don't you worry about cholesterol, lung cancer, love handles?"

Phil (played by Bill Murray) smugly replies: "I don't worry about anything anymore."

If your breakfast looks anything like this, it's time for a change. Starting the day with healthy food can improve your health in a variety of ways. Take the month-long health challenge to Make Breakfast Healthy.

How to choose healthy breakfast cereal
<https://tinyurl.com/gh95k69>

The Breakfast Club Quiz

How much do you know about the benefits of eating a healthy breakfast? Take this quiz to find out.



- T F**
1. If you skip breakfast, you are more likely to crave junk food and sweets later in the day.
 2. Skipping breakfast is a good way to boost your metabolism and limit calories to lose weight.
 3. Eating any kind of oatmeal or cereal for breakfast is a healthy way to start the day. .
 4. Eating breakfast improves brain function, memory recall, and the ability to concentrate.
 5. Starting your day with a healthy breakfast lowers your risk for obesity, diabetes, heart disease, and high cholesterol.

How did you do? Skipping breakfast might save you calories. But if you don't have a plan, you're more likely to eat junk food later. Not all oatmeal and cereals are the same. Some are loaded with sugar and empty calories. Starting the day with a healthy breakfast can have a positive impact on your health.

Answers: 1. True 2. False 3. False 4. True 5. True

The Trouble with Skipping Breakfast

Never skip breakfast again. An estimated 25 percent of people in the U.S. skip breakfast regularly.¹ Many who bypass the morning meal do so because they're running late. Some forgo breakfast because they think it will help control calories or support weight loss. But research shows skipping breakfast is associated with:²

- Higher risk for heart disease, diabetes, high cholesterol, and high blood pressure
- Eating snacks and drinks high in sugar and sodium later in the day
- Weight gain and obesity
- Lack of energy, or feeling of fatigue and tiredness
- Depression
- Increased levels of stress and irritability
- Trouble sleeping
- Lack of exercise



Who's on Your Guest List for Breakfast?

If it looks anything like Phil's breakfast in *Groundhog Day*, it's time for a change.

Donuts, fast food, soda, sugary coffee drinks, a heaping pile of pancakes with syrup...you can't eat these foods every day.

Why? It's kind of like inviting Diabetes, Heart Disease and Obesity to breakfast.

Fortunately, it doesn't have to be that way...

4 Reasons to Make Breakfast Healthy

Eating healthy foods and snacks throughout the day, including breakfast, is a good habit. Your diet should include fruits, vegetables, whole grains, nuts and seeds, and plenty of water. And some of those foods are perfect for breakfast. Hungry?

Check out these four reasons to eat a healthy breakfast:

1 Prevent weight gain

In the National Weight Control Registry, 78 percent of the 3,000 people who lost 30 pounds or more and kept it off for a year said they ate breakfast every day.³

Plus, people who skip breakfast are 55 percent more likely to be overweight or obese.

2 Control blood sugar levels

If you don't have diabetes, you probably know someone who does. About 34 million people have type 2 diabetes. About 96 million have prediabetes.

Left unchecked, it can lead to poor circulation, heart disease, stroke, obesity, blindness, amputations, and early death.

Research shows eating a healthy breakfast can help prevent or control diabetes and regulate blood sugar levels.⁴

3 Lower cholesterol

Want to avoid a heart attack caused by blocked arteries? Keep your cholesterol under control.

In a recent study, researchers found that eating whole-grain oats daily helped lower LDL (bad) cholesterol and total cholesterol.⁵

4 Improve brain function

Want to start the day out right? Need help staying alert and engaged during that morning meeting? Start with breakfast. Research shows eating a healthy breakfast can have a positive impact on mood, memory, creativity, decision-making, and attention.⁶

31 healthy breakfast recipes for busy people
<https://tinyurl.com/ndos5fc>

9 Healthy-Breakfast Ideas for Busy People



If you're among the millions who rush out the door without breakfast, or you're inclined to go for pastries and sweets to start your day, you need a better breakfast plan.

Put these 9 fast & healthy breakfast ideas on your menu:

- **The 3-Way:** A banana, a handful of pecans, and low-fat yogurt.
- **Whole-Grain Sweetness:** Whole-grain cereal sprinkled with berries and slivered almonds.
- **Yogi Surprise:** Low-fat yogurt mixed with fruit and whole-grain granola.
- **Egg + 2:** Egg whites or egg substitute served with fresh fruit and whole-grain toast.
- **Fruit-Blender Fun:** A fruit smoothie made with frozen berries, banana, and ice.
- **The Whole Spread:** Whole-grain toast topped with peanut butter, avocado, or low-fat cream cheese.
- **Smooth Move:** A strawberry, melon, and yogurt smoothie with flaxseed.
- **Healthy Double Trouble:** Fruit salad and a whole-grain muffin.
- **Oat That's Sweet:** Steel-cut oats with berries.
- **Wrap It Up:** Breakfast burrito (fill a whole-wheat tortilla with sautéed onions, peppers, mushrooms, yams, and tomatoes seasoned with garlic and thyme).

Think About Breakfast Before You Go

Eating a healthy breakfast isn't hard. But you do need to do a little work to make it happen.

- **Make a shopping list** of healthy breakfast foods that you like.
- **Go to the store** to stock up on everything you need.

When you wake up in the morning, put together a healthy breakfast and be on your way. It's that easy.

Wake up to the benefits of breakfast
<https://tinyurl.com/2p9dukry>

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Make Breakfast Healthy

CHALLENGE
Start the day with healthy food

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or add to your digital calendar).
2. Create a plan to eat healthy foods for breakfast.
3. Use the calendar to record your actions and choices to make breakfast healthy.
4. Review your progress at the end of each day, week, and at the end of the month. Then keep up the practice for a lifetime of best health.

MONTH:							HC = Health Challenge™ ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary
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_____ Number of days this month I ate a healthy breakfast
 _____ Number of days this month I exercised at least 30 minutes

Other wellness projects completed this month:

Name _____ Date _____

ASK THE DOCTOR

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Q.

What are the best ways to protect my skin from the sun?

A.

Let's start with this... If you're going to be in the sun for longer than 15 minutes, you need to protect your skin.

One in five people will develop skin cancer by age 70.¹ But it's largely preventable if you protect your skin from too much sun.

Here's what NOT to do: Take sunscreen pills.

The U.S. Food and Drug Administration recently cracked down on companies selling these supplements.²

It's true. Sunscreen lotion or sprays take time to apply. But they're one of your best defenses from the sun's harmful rays. And there isn't a quick fix.

"Companies are putting people's health at risk by giving consumers a false sense of security that a dietary supplement could prevent sunburn, reduce early skin aging caused by the sun, or protect from the risks of skin cancer," according to the FDA.

"There's no pill or capsule that can replace your sunscreen."

Here are SIX ways to protect your skin from the sun:



6 WAYS TO BE SUN SMART

1. Use sunscreen

When your skin is exposed to the sun it increases your risk for sunburn, skin cancer, and premature skin aging. But sunscreen can protect your skin from the sun's ultraviolet rays.

2. Read the label

Pick up a bottle of sunscreen, and take a look at the label. You'll see an SPF rating. It stands for Sun Protection Factor. It's a measure of how much ultraviolet light gets to your skin. The higher SPF rating, the more protection the sunscreen provides to a point:

- **SPF 30** blocks 93 percent of the sun's harmful rays
- **SPF 50** blocks 98 percent of the sun's harmful rays Sunscreens with an SPF below 30 don't protect your skin enough. And sunscreens with an SPF above 50 don't provide much, if any, added protection.

3. Apply sunscreen 30 minutes before sun exposure.

ASK THE *Wellness* DOCTOR

4. Limit time in the sun, especially between the hours of 10 a.m. and 2 p.m., when the sun's rays are the strongest.

5. Wear clothing to cover skin exposed to the sun. For example, long-sleeved shirt, pants, sunglasses, and a broad-brimmed hat.

6. Reapply sunscreen at least every two hours. More often if you're sweating or in and out of water in a pool, lake, or ocean.

Planning to spend some time in the sun for work, a vacation, or a day at the park? Take a little time to protect your skin from the sun to keep your skin healthy. Use sunscreen. Cover up. Find some shade. And you'll reduce your risk for skin damage caused by too much sun.

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